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Care of the **FEET**

There are few parts of the body that get more abuse than the feet. The feet work hard for many hours of the day. They act as shock absorbers, and must also support the entire weight of the body. Busy feet deserve good shoes—shoes that fit comfortably and support the arches. Sensitive feet need personal or medical attention.

FALLEN ARCHES

There are two arches in the foot. The long arch runs from the heel to the base of the toes. It needs shoe support, and may fall without it. The short arch runs across the ball of your foot. High heels that throw your weight forward on this arch can cause it to fall. Fallen arches are very painful. If you have them, go to an orthopedic surgeon. He may order specially fitted arch supports for you, and will probably teach you foot exercises that will strengthen your arches.

CORNS AND CALLOUSES

Corns and callouses are caused by tight shoes that pinch, or loose ones that allow friction. A callous on the ball of the foot is usually due to pressure from a fallen arch. Corns and callouses can be removed by medication or cutting. A chiropodist can do it safely and thoroughly. Home surgery with a razor blade is always dangerous. Soft corns between the toes are very painful. Your chiropodist can remove them for you.

BUNIONS

Bunions are formations of bone and fibrous tissue, usually at the base of the big toe. The best way of getting rid of them is by surgery. A bunion pad will give temporary relief from pressure.

FOOT ODOR

To prevent unpleasant foot odor, bathe your feet and change hose at least once a day. Get a deodorant foot powder from your druggist. Dust it on your feet and between your toes after bathing. Having several pairs of shoes to change off with is helpful in overcoming foot odor.

SWELLING OF THE FEET

Swelling is a symptom which may be the result of mechanical causes or of certain diseases such as heart trouble and kidney disease. If your feet and ankles swell, by all means see your doctor. Sometimes feet swell from hours of standing or walking in the wrong shoes. They will swell and ache if your hose are too short in the feet. For relief, lie down and prop your feet high up on a pillow. For quick relief, wrap a wet hand towel around each bare foot.

VARICOSE VEINS

Varicose veins cause foot and ankle swellings. For this condition, see your doctor.

TOENAILS

Cut and file your toenails straight across and not too short. Rounding the nail at the corner may cause it to grow into the flesh. For an ingrowing nail, see your doctor or chiropodist.

ATHLETE'S FOOT

Athlete's foot is a distressing condition caused by a fungus growth. This growth thrives where it is warm and damp. If your feet perspire much the infection can start between your toes. For prevention dry your feet very thoroughly after bathing, then dust talcum powder between your toes. Use petrolatum or zinc ointment between your toes instead of powder if you prefer.

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